



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09232, Passion-fruit juice, purple, raw

Report Date: June 30, 2017 16:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Proximates						
Water	g	85.62	--	--	211.48	26.46
Energy	kcal	51	--	--	126	16
Energy	kJ	213	--	--	526	66
Protein	g	0.39	--	--	0.96	0.12
Total lipid (fat)	g	0.05	--	--	0.12	0.02
Ash	g	0.34	--	--	0.84	0.11
Carbohydrate, by difference	g	13.60	--	--	33.59	4.20
Fiber, total dietary	g	0.2	--	--	0.5	0.1
Sugars, total	g	13.40	--	--	33.10	4.14
Minerals						
Calcium, Ca	mg	4	--	--	10	1
Iron, Fe	mg	0.24	--	--	0.59	0.07
Magnesium, Mg	mg	17	--	--	42	5
Phosphorus, P	mg	13	--	--	32	4
Potassium, K	mg	278	--	--	687	86
Sodium, Na	mg	6	--	--	15	2
Zinc, Zn	mg	0.05	--	--	0.12	0.02
Copper, Cu	mg	0.053	--	--	0.131	0.016
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	29.8	--	--	73.6	9.2
Thiamin	mg	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Riboflavin	mg	0.131	--	--	0.324	0.040
Niacin	mg	1.460	--	--	3.606	0.451
Vitamin B-6	mg	0.050	--	--	0.124	0.015
Folate, total	µg	7	--	--	17	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	--	--	17	2
Folate, DFE	µg	7	--	--	17	2
Choline, total	mg	4.0	--	--	9.9	1.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	36	--	--	89	11
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	419	--	--	1035	129
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	23	--	--	57	7
Vitamin A, IU	IU	717	--	--	1771	222
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.4	--	--	1.0	0.1
Lipids						
Fatty acids, total saturated	g	0.004	--	--	0.010	0.001
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.003	--	--	0.007	0.001
18:0	g	0.001	--	--	0.002	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Fatty acids, total monounsaturated	g	0.006	--	--	0.015	0.002
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.006	--	--	0.015	0.002
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.029	--	--	0.072	0.009
18:2 undifferentiated	g	0.029	--	--	0.072	0.009
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0